

Roasted Delicata Squash

2 delicata squash
1 medium yellow onion, diced
Balsamic vinegar
Olive oil
Salt and pepper

1. Preheat oven to 350F.
2. Cut a delicata squash in half lengthwise and scoop out the seeds.
3. Fill the cavities of the squash halves with diced onion, then sprinkle with vinegar, oil, s&p.
4. Bake for about 45 minutes or until onions are brown and caramelized and squash is soft.